



Asian Noodle Soup

Prep: 25 minutes

Cook: 15 minutes • Serves: 6

- 4 ounces thin Asian-style noodles
- 3 teaspoons sesame oil
- 3 garlic cloves, thinly sliced
- 1½ pounds pork tenderloin, trimmed, halved lengthwise and thinly sliced
- 1 package (8 ounces) sliced white mushrooms (about 3 cups)
- 3 medium carrots, thinly sliced (about 1½ cups)
- 4 cups low sodium chicken broth
- 2½ tablespoons less-sodium soy sauce
- 1½ tablespoons peeled and grated fresh ginger
- 3 cups sliced bok choy
- 1 cup frozen corn
- 3 green onions, thinly sliced

1. Prepare noodles as label directs; drain. Transfer noodles to medium bowl and toss with 1 teaspoon oil; keep warm.

2. Meanwhile, in large saucepot, cook garlic and remaining 2 teaspoons oil over medium heat 1 to 2 minutes or until garlic is lightly browned, stirring occasionally. Add pork, mushrooms, carrots, broth, soy sauce and ginger, and heat to simmering over medium-high heat. Cook 5 to 7 minutes or until pork is cooked through and carrots are tender. Add bok choy and corn, and cook 2 minutes.

3. Evenly divide noodles (about ½ cup) into each of 6 soup bowls. Ladle soup over noodles in each bowl and garnish with green onions.

*Approximate nutritional values per serving:
277 Calories, 6g Fat (1g Saturated), 55mg Cholesterol,
382mg Sodium, 32g Carbohydrates, 3g Fiber, 24g Protein*

Dietitian's Dish

> Add some beans to your favorite soups. They're a low-fat source of protein and fiber, full of powerhouse nutrients like iron, potassium and folate. Legume plants promote sustainable agriculture – helping decrease greenhouse gases, increasing soil health, and using less water than other types of crops.